



Coordinators' Communique

State Health Plan Prevention Partners

August/September 2005

Dear Prevention Partners Coordinator:

First Ladies' Walk for Life... Steps Against Breast Cancer

In 1991 the First Ladies' Walk for Life was organized in memory of those who lost their battle with breast cancer and to honor the women and men who are beating the disease. Each year, the event is held the first Saturday in October in observance of Breast Cancer Awareness Month. The three-mile walk begins and ends at Columbia's Finlay Park on Saturday, October 1, 2005. Last year, 9,700 people registered for the Walk that netted \$244,000 in proceeds.

The Walk benefits Palmetto Health's South Carolina Comprehensive Breast Center in the areas of awareness, education, patient and family support and cancer research. The mission of the Walk for Life is to increase awareness in an effort to combat breast cancer through education about early detection.

The Walk also sends a message about the importance of being proactive in one's own health. Regrettably, statistics show that this year, there may be 2,800 South Carolinians (women and yes, even some men), who will be diagnosed with breast cancer. Equally staggering are the odds that one in seven women will be diagnosed in her lifetime.

Take steps against breast cancer by raising a minimum of \$20 for breast health services at Palmetto Health. You'll receive a Walk for Life t-shirt when you register. Registration is at 8 a.m., opening ceremony is at 8:30 and the walk starts at 9 a.m.

Please come out and join co-marshals First Lady of the State of South Carolina, Jenny Sanford and First Lady of the City of Columbia, Beth Coble, for this year's Walk for Life. For more information, contact the Palmetto Health Foundation at (803) 434-7275.

Preventive Worksite Regional Screenings

For those who would like to participate in one of our regional screenings, the next two are as follows:

- Columbia SouthTrust Building September 14-15, 2005
- Rock Hill Catawba Regional Council of Governments October 13, 2005

Registration forms are available approximately six weeks prior to a screening and can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Early Detection"). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at emcelveen@eip.sc.gov.

Weight Loss Skills Workshops

Prevention Partners is offering free workshops on weight loss skills. This seminar will address key components needed for successful long-term weight loss. Participants will also have the opportunity to review weight loss software that has been successful in helping people achieve weight loss. Workshops currently scheduled are as follows:

- August 10, 2005 Hilton Head Town Center Court 1:30 pm – 4:00 pm
- August 17, 2005 Clinton Whitten Center 1:30 pm – 4:00 pm
- August 23, 2005 Florence Francis Marion University 1:30 pm – 4:00 pm
- August 25, 2005 Sumter Santee-Lynches Reg. Council of Gov. 1:30 pm – 4:00 pm

Registration forms for this workshop can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Disease Management"). For more information on these workshops, contact Diane P. Conte at (803) 737-3822.

Chronic Disease Workshops

We have one chronic disease workshop coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshop currently scheduled is as follows:

- Men's health Issues September 29, 2005 Columbia Time: TBA

Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Disease Management"). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at rmakhuli@eip.sc.gov.

Contents of this mail-out are:

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